

**BETTER TOGETHER**



*Support · Inspire · Love*

# **Mayor Muriel Bowser's 11th Annual Senior Symposium**

Ballou Senior High School  
June 28, 2022





# *Greetings*

## *11<sup>th</sup> Annual Senior Symposium*

June 28, 2022

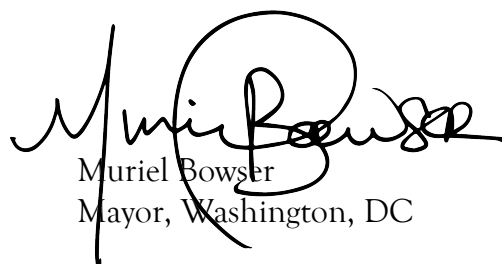
It is my pleasure to extend greetings to attendees and organizers of the 2022 Senior Symposium!

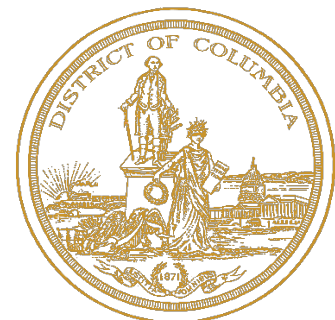


This year's Senior Symposium marks the eleventh of its kind – for over a decade now, our symposiums have offered an opportunity to hear from one another, celebrate the progress we have made, and look toward the work that needs to be done in order to build a more Age-Friendly DC. And, after two years of connecting virtually, I am thrilled to join you in person for this year's symposium, and its theme Support, Inspire, Love is a true testament to all that you do for our city.

District seniors serve as our most seasoned role models, leading our communities toward success, reminding us of our DC Values, and sharing with us informed experiences to navigate today's world. As we continue to manage the safety of our city by getting our Covid-19 vaccinations and booster shots, I want you to know that I will remain committed to the wellbeing and equity of our senior population. With a new senior wellness center coming to Ward 8 and an increase in senior investments across all eight wards, I am excited about all of the ways seniors can connect with one another in the future.

As Mayor of Washington, DC, I would like to thank you for your participation today, for making DC the best city in the world to age, and for always reminding us how to Live Boldly. I wish you an enjoyable and successful event!

  
Muriel Bowser  
Mayor, Washington, DC



# WELCOME



## **Message from Interim Director, Jessica Smith**

Welcome to the Mayor's 11<sup>th</sup> Annual Senior Symposium! We are excited to welcome you back in-person for the first time since 2019!

Our theme this year is "Better Together: Support – Inspire – Love," and it's all about celebrating community and the opportunity to be together again. What we've learned, especially over the past two years, is just how much we need each other. We are meant to live together in our communities.

I invite you to fully engage in our programming today—whether it's enjoying a delicious meal with new friends, visiting with our vendors in the exhibit hall, or engaging in one of our small group workshops, today is a celebration of friendship, community, and most of all, you!

I hope that you will take this opportunity to reconnect with DAACL, our sister agencies, and community partners and learn more about the ways we are working together to help you continue to live boldly in DC!

*Jessica Smith*

**Jessica Smith  
Interim Director  
DC Department of Aging and  
Community Living**

# SYMPOSIUM AT-A-GLANCE

8:30 AM	Registration & Continental Breakfast YMCA Fit & Well Seniors, Main Stage
9:30 AM	Welcome/Greetings, Main Stage  Host/Emcee Introduction Shawn Perry, Executive Producer and Host The Senior Zone  Jessica Smith, Interim Director DC Department of Aging and Community Living  Guleford Bobo, Chair DC Commission on Aging  Vanella Crawford Ms. Senior DC 2021  Vené LaGon Ms. Senior DC 2022
10:00 AM - 12:00 PM:	Entertainment, Music, & Performances, Main Stage
10:00 AM - 10:50 AM:	Workshop Session 1
11:00 AM - 11:50 AM:	Workshop Session 2
12:00 PM - 1:30 PM:	Lunch Service
12:10 PM - 12:30 PM:	Greetings from Mayor Muriel Bowser
12:30 PM - 1:30 PM:	Johnnie Steele, Steele4Real Live Entertainment
1:30 PM - 2:20 PM:	Workshop Session 3
2:30 PM - 3:00 PM:	Symposium Close

# WORKSHOPS

*All workshops will be presented three times at the following times:*

10:00 AM – 10:50 AM | 11:00 AM – 11:50 AM | 1:30 PM – 2:20 PM

## **Support Workshop**

### **Be A Good Neighbor – Serve DC Volunteer Opportunities**

*Alexis Squire, Chief Service Officer, Serve DC*

In this workshop, seniors will learn everything they need to know about community service and what it means to serve and volunteer in their community. Attendees will also learn about volunteer opportunities that will help them empower those in their community.

## **Inspire Workshop**

### **Paint & Sip**

*Darnell Goldsmith, Senior Wellness Instructor, Hayes Senior Wellness Center*

In this workshop, led by a professional artist, seniors will participate in an engaging painting activity. They'll learn about painting for beginners, different styles of painting, and enjoy sparkling water/cider amongst one another.

## **Love Workshop**

### **Love Boldly & Proudly**

*Dr. Imani Woody, President and CEO, Mary's House*

In this workshop, Dr. Imani Woody will lead seniors in an open discussion on aging in the LGBTQ community and give strategies on how our neighbors can become allies.

# EXHIBIT HALL

## **Lead Agencies**

Lead Agency Wards 1, 2, & 4 –  
TERRIFIC, Inc.  
Lead Agency Ward 3 – Iona Senior  
Services  
Lead Agency Wards 5 & 6 – Seabury  
Resources on Aging  
Lead Agency Wards 7 & 8 – East  
River Family Strengthening  
Collaborative  
Capitol Hill Village  
DC Villages

## **Local Government Services**

Age-Friendly DC  
DC Board of Elections  
DC Department of Aging and  
Community Living  
DC Department of Consumer &  
Regulatory Affairs  
DC Department of Disability Services  
DC Department of Energy &  
Environment  
DC Department of Health – Rodents  
& Vector  
DC Department of Health – Snap ED  
Program  
DC Department of Health Care  
Finance & Bill of Rights  
DC Department of Health Care  
Finance – Durable Choice program  
chairs  
DC Department of Housing &  
Community Development  
DC Department of Insurance,  
Securities, & Banking  
DC Department of Parks and  
Recreation  
DC Department of Transportation  
DC Deputy Mayor of Health &  
Human Services

DC Homeland Security & Emergency  
Management  
DC Housing Authority Navigators  
DC Lottery & Charitable Games  
DC Metropolitan Police Department  
DC Office of the Fire Marshall  
DC Office of Human Rights  
DC Office of the Peoples Counsel  
DC Office of the Tenants Advocate  
DC Office of Tax & Revenue  
DC Office of Unified  
Communications  
DC Public Library – Deanwood  
DC Public Library – Woodridge  
DC Public Service Commission  
DC State Health Insurance  
Assistance Program (DACL)  
DC Sustainable Energy Utility  
Fit and Well Seniors  
Future of Aging  
Mayor's MOLA | MOCRS | MORC  
OCTO

## **Federal Government Services**

AARP Staff Attorney Probate &  
Estates  
AARP – Tenant Advocacy  
Alzheimer's Association  
Bankers Life Insurance Company  
Capitol Caring Health  
Comcast  
DC Center for Independent Living  
DC Developmental Disabilities  
Council  
DC Hunger  
DC Ombudsman Program  
DC Relay  
DC Water & Sewer  
East River Family Strengthening  
Collaborative – Senior Deaf & Hard  
of Hearing Program



Edenbridge Health  
GHUCCTS  
Legal Counsel for the Elderly  
Lincoln Heritage Funeral Advantage  
Metro Access  
Medstar Washington Hospital Center  
– (MWHC) Colorectal Cancer  
Prevention in the Neighborhood  
My Active Senior  
United Health Care  
United Health Care – Durable  
Choice  
PEPCO  
Qualicare Medical Supplies  
Potomac Medical Supplies  
United Planning Organization  
US Security & Exchange  
Commission – Federal Service

**Providers: Profit and Non-Profit**

YMCA Fit & Well Seniors

**Beauty and Wellness**

Mary Kay Cosmetics  
Prince Hall Shriners of the Ancient  
Egyptian Arabic Order Nobles Mystic

Shrine of North & South America  
(AEAONMS)

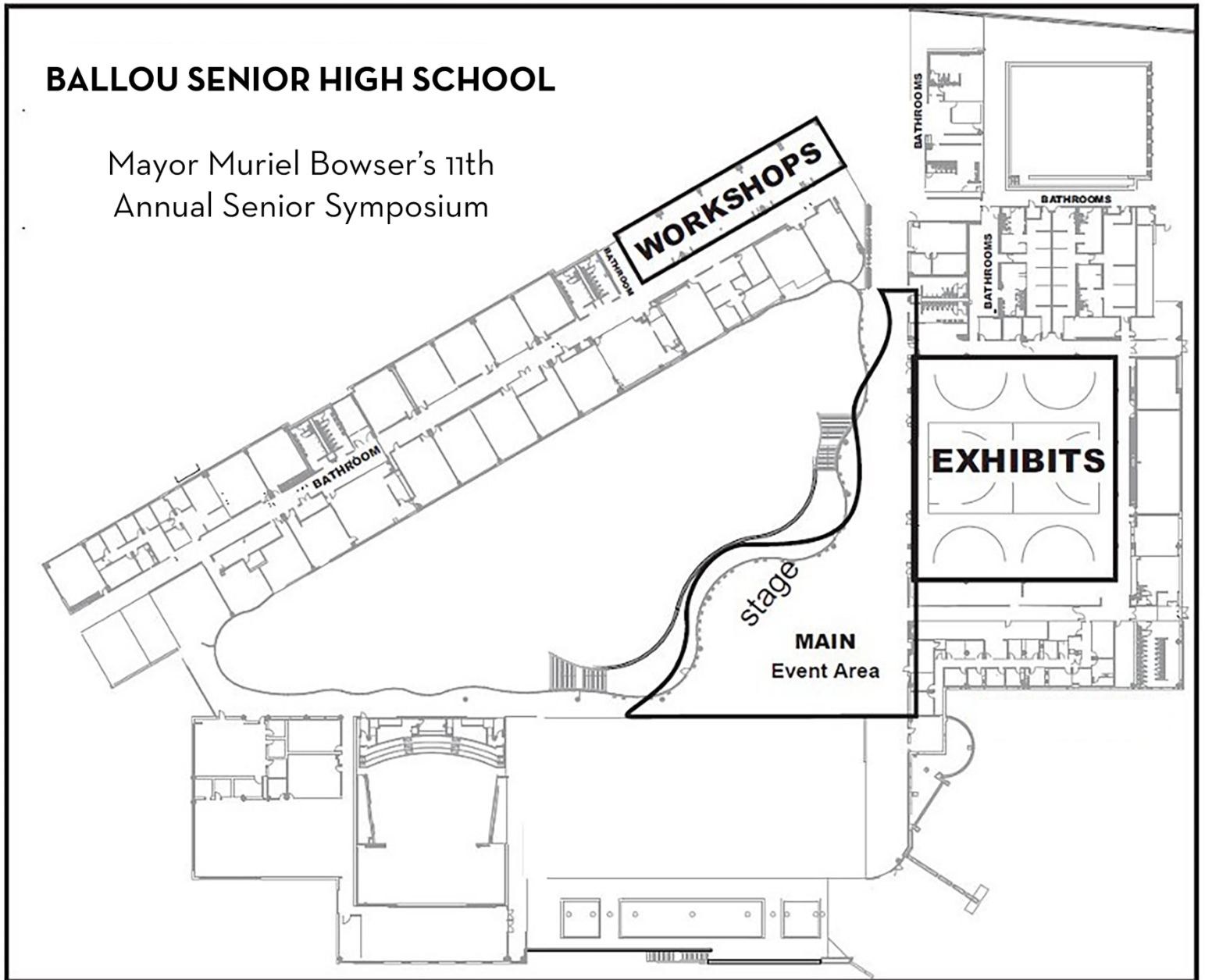
**Health Screenings**

Cedar Hill Urgent Care Center  
Fire/EMS Blood Pressure & Glucose  
Screening  
Fire/EMS Hands On Heart  
Dr. Joseph Melancon, Transplant  
Surgeon, GWUH  
Dr. Zhaid Vahora – Hepatologist,  
GWUH  
Kidney Screening – GW Ron and Joy  
Paul Kidney Center  
GW Liver & Pancreas Institute for  
Quality – Liver Disease  
GW Kidney Transplant Institute –  
Kidney Disease  
Howard University College of  
Dentistry  
Prevention Of Blindness Glaucoma  
Screening  
WRTC: Washington Regional  
Transplant Community (Organ  
Donation)

# FLOOR PLAN

## BALLOU SENIOR HIGH SCHOOL

Mayor Muriel Bowser's 11th  
Annual Senior Symposium





# NEED INTERPRETATION SERVICES?

## English

If you require language interpretation services, please reach out to [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov).

## Español

Si requiere servicios de interpretación a su idioma de preferencia, por favor escriba un correo electrónico a [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov).

## 中国人

如果您要求語言翻譯服務,請聯絡 [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov)

## Tiếng Việt

Nếu quý vị cần thông dịch, hãy liên hệ [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov)

## 한국인

통역 서비스를 원하시면, [dacl.communications@dc.gov](mailto:dacl.communications@dc.gov) 로 연락주세요

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# ACKNOWLEDGEMENTS

## THANK YOU!

We would like to thank the Department of Aging and Community Living's staff, volunteers, exhibitors, and speakers for a phenomenal job connecting and engaging with District seniors at Mayor Bowser's 11<sup>th</sup> Annual Senior Symposium.

## FOLLOW US ON SOCIAL MEDIA!

**@DACL\_DC**

Use the hashtag *#SeniorSymposium22* to connect with us on social media.



**Thank you to Starbucks for their in-kind donation of beverage stations for participants!**

